












































































Name: _____

My Best List



1535 NE 177th St.
Shoreline, WA 98155
(206) 440-5533

Week of: _____

CLEAN ROOM	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat
Make my Bed 						
Put Personal Belongings Away 						
SELF CARE						
Brush Teeth 						
Take a Bath 						
Dirty Clothes in the Laundry 						
SCHOOL						
Complete Homework 						
Use Black Belt Effort in Class 						
Use Black Belt Respect for Teachers & Classmates 						
FAMILY						
Complete Assigned Chores 						
Use Black Belt Respect for Entire Family 						
SELF DEVELOPMENT						
Practice Martial Arts for your age* 						
number of minutes.						

Parents: This list is a belt requirement for students 12 & under. The completed list is expected on the first class of the week. Help your child develop confidence and self-discipline. Turning in this completed list will help you child feel good about themselves and proud of their accomplishments.

(* If you are 5, practice for 5 minutes. If you are 9... practice for 9 minutes)